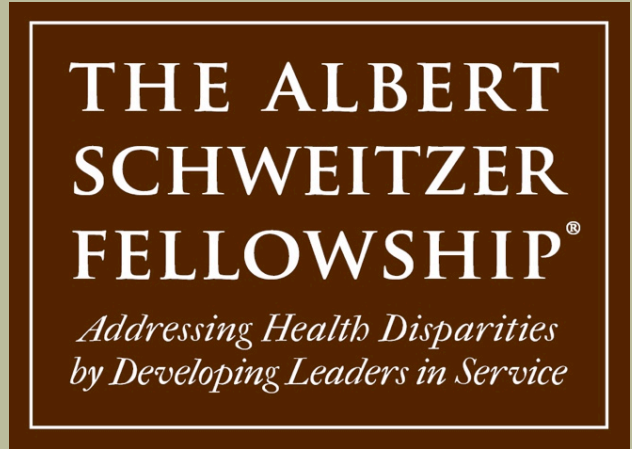


THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.



“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD

Optimal Health Program

Addressing stress management and overall-well being in young children

Introduction

Members of underserved communities face on-going discrimination and disparities that lead to chronically high levels of stress and eventually lead to poor mental and physical health.



The Optimal Health Program (OHP) curriculum is a creative approach to achieving wellness by balancing the various aspects of the whole personality (physical, emotional, mental, and spiritual).

Population

The OHP is housed at the Columbus Preparatory Academy and is open to students in grades 2 – 6. Columbus Preparatory Academy is a K-8 free public charter school with a high percentage of students from low-income and immigrant families.

Testimonials

- “Thank you Zeenia for bringing the Optimal Health Program to CPA!! Sally had so much fun and learned valuable life skills!! Thank you so much!!” - **LaDonna Calingo, Parent.**
- “She brings home and shares a lot of nutritional facts and new yoga poses” - **Darnella Rozzelle, Parent.**
- “Kaiden has learned a lot and shares healthier eating habits at home” – **Heather Hunter, Parent.**

Project

- Designed a 14-week program around mindful yoga emphasizing mind, body and spirit union through play
- Conducted themed stress management classes relevant to most school going children
- Provided nutrition counseling and created daily and seasonal healthy routines, cleansing practices for disease prevention and self-care



Impact

- Served 55 young children during the Fall 2014 and Spring 2015 session.
- 100% of kids shared their program experience at home with parents.
- Got involved in community activities – donated 100 meals to Mid Ohio Food Bank and drawings by children to hospice hospital.
- Distributed yoga mats to children.



Sustainability

- The OHP is now part of the yoga for kids program supported by Yoga on High Foundation.
- Parts of the curriculum will be incorporated in the health and wellness activities for disadvantaged participants at Goodwill Columbus.



Zeenia Kaul
Fisher College of Business

